

What is the best choice for you?

## Nutrition Facts Label Help!

Read IT before you EAT IT!

Calories in 1 serving. For 2 servings, double the calories.

Get ENOUGH. 5% or less is low. 20% or more is high.

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories	120
Calories from Fat 45	
% Daily Value*	
<b>Total Fat</b>	5g <b>8%</b>
Saturated Fat	3g <b>15%</b>
Trans Fat	0g
<b>Cholesterol</b>	20mg <b>7%</b>
<b>Sodium</b>	120mg <b>5%</b>
<b>Total Carbohydrate</b>	11g <b>4%</b>
Dietary Fiber	0g <b>0%</b>
Sugars	11g
<b>Protein</b>	3g <b>17%</b>
Vitamin A	10%
Vitamin C	4%
Calcium	30%
Iron	0%
Vitamin D	25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

How many servings are you eating?

Get LESS. 5% or less is low. 20% or more is high.



Use nutrition labels in the supermarket to make quick choices that contribute to a healthy diet. The top contains product-specific information (serving size, calories and nutrient information).

**Calories** measure how much energy you get from a serving. The servings you have determine the calories you actually eat (your portion). Too many calories is linked to overweight.

**Daily Values** (DVs) for 2,000- and 2,500-calorie diets provide recommended dietary information for fats, sodium and fiber. The % Daily Values (% DVs) are based on a 2,000 calorie daily diet.

**Trans Fat** (and saturated fat) are linked with raising blood LDL ("bad") cholesterol levels and increase coronary heart disease, a leading cause of death in the U.S. Keep saturated fat, trans fat and cholesterol as low as possible.

**Protein** requires % DV if a claim is made for it, such as "high in protein." Protein intake is not a public health concern for adults and children over 4 years old.

**Sugars** do not have an established DV because no recommendations have been made for the total amount to eat in a day. Labels include naturally occurring sugars (like those in fruit and milk) and those added to a food or drink. Check the ingredients list for specifics on added sugars.

**Prepared by:**

Annrose Guarino, PhD, RD, LDN

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Louisiana State University Agricultural Center, William B. Richardson, Chancellor  
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director  
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director  
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